

## Healthier Montana Menu Challenge

### Ala Carte Foods Work Sheet

Please complete the following table for all a la carte food and/or vended food items sold in your school. Please submit a Nutrition Facts Label and an ingredient list for each item listed with this work sheet. Refer to the information on the A la Carte Foods Criteria Sheet (Table 3) for the criteria and instructions on how to calculate the percentage of calories from fat and sugar. *(Make additional copies of this form as needed.)*

<b>A la Carte Food Item</b>						
<b>Portion Size</b>						
<b>Calories</b>						
<b>% Calories from Total Fat</b>						
<b>% Calories from Saturated Fat</b>						
<b>Grams of Trans Fat per Serving</b>						
<b>% Sugar by Weight</b>						
<b>Milligrams of Sodium for Side Dish &amp; Main Dish</b>						
<b>On list of Approved Beverages?</b>						
<b>Meets all criteria?</b>						

**Please attach a photocopy of each product's Nutrition Facts Label and ingredient list.**